



Tools For Action

A sample of physical education initiatives in Wisconsin

Cross-country ski

Contact Information

Main Contact Person
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Title of Main Contact
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School Name
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School District Name
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Program Information

Program Name
Cross-country ski
Program Category
lifetime skill
Grade Level
3-5
Assessment Method
No formal assessment; Impact on behavior (increase in active minutes or miles walked); Participation rates (number of students involved)

Program Information

Products Developed or Materials Used:

Program Description:

We teach all our 3rd graders to cross-country ski. We own our equipment. The unit is 8 days -2 days inside fitting boots, skis, poles, practicing putting on skis, and procedure of getting equipment to go outside - 2 days on the snow w/out poles practicing classic technique, falling and getting up, stopping and turning - 2 days with poles - 2 days on the hill practicing snow plow, form for going down and side-step and herringbone to get up. We end with a day trip to Winter Park Nordic Ski Center.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: <http://dhfs.wisconsin.gov/health/physicalactivity/>
Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
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